

## 6U/8U - PUCK HANDLING

# EXPANSION OF REACH

### FOCUS

- Loose bottom hand, hand slide, expansion of reach.

### MOVEMENT

- ① Stickhandle ball out in front of body.
- ② Short, quick dribble in front of body.
- ③ Extend ball to maximum distance on forehand side of body.
- ④ Short, quick dribble in front of body.
- ⑤ Extend ball to maximum distance on backhand side of body.
- ⑥ Extend to the forehand 10x.
- ⑦ Extend to the backhand 10x.

### TECHNIQUE

- Stand in basic hockey stance with feet shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Extend reach to maximum distance from body-slide hands together.
- More arm movement is necessary, but still use wrists to cup the ball.
- To pull ball close to body-hands are wide.
- Players should transfer body weight during expansion.

*Use split vision to survey surroundings and the ball.*



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